



Custer Park Sports & Fitness Center

Cardio Fusion (Piloxing) incorporates fitness techniques to burn maximum calories, build lean muscles and increase stamina. The program uniquely blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates. These techniques can also be supplemented using weighted gloves, further toning the arms and maximizing cardiovascular health. Since it is a fusion of several cardio formats, you may be taken through one or two sequences of Tabata for a muscle-toning, fat-turning workout that will leave you physically and mentally empowered! **Tuesdays at 6pm**

Strength 40/20 is an interval strength training class combining traditional strength exercises with functional training moves to make you fitter and stronger. 40 seconds of work with 20 seconds of rest using your own body weight, as well dumbbells according to your fitness level. **Thursdays at 6pm**

Tabata is a High Intensity Interval Training also known as a HIIT format. This class is a comprehensive total body workout that focuses on lower body, upper body, and core providing both cardio and strength. Both men and women can achieve amazing results from this workout! **Saturdays at 10am**

Fit Pass Holder Rates

Unlimited Monthly: \$36.00
Twice a Week Monthly: \$24.00
Once a Week Monthly: \$12.00
Per Class Daily: \$5.00

Non-Member Rates

Unlimited Monthly: \$48.00
Twice a Week Monthly: \$32.00
Once a Week Monthly: \$16.00
Per Class Daily: \$7.00

Account cannot be expired at time of registration for discounted rates!

3 Complimentary Classes for Custer Park Sports and Fitness Center Fit Pass holders! Come take one of each class for FREE! Visit the front desk for registration of FREE classes!

Ages 12 and up.

Registration Required: **Sign up in person at** Custer Park Sports and Fitness Center
or call 770-794-5630

545 Kenneth E. Marcus Way, Marietta, GA 30060

Online Registration at <https://secure.rec1.com/GA/city-of-marietta/catalog>

Classes instructed by: Arlene Marshman, approved contract instructor by City of Marietta Parks, Recreation & Facilities Department

Certified in Tabata, Zumba, DIO, Piloxing, and MX4